



## The Care and Feeding of the ABIDE-brary

By: Caitlin Bartnik, Hunger Relief Manager

Books are a magical portal into someone else's experiences and life story. Reading a good book is both enjoyable and often educational. To mix good books and good people, and to improve Access, Belonging, Inclusion, Diversity, and Equity at Second Helpings, the ABIDE library has been created.

The ABIDE library, or the ABIDE-brary, if you will, exists for the Second Helpings community. This includes staff, volunteers, students, and visiting partners. No one is excluded from library use, but it will be geared towards staff and volunteers. Keep reading so you know how to check books out, then go find your next book to read.

The ABIDE-brary will soon be registered as a Little Free Library to gain access to resources such as free book raffles and will be listed as part of the Little Free Library network. The ABIDE-brary will operate on the Little Free Library model of "take a book, share a book" on the honor system.

To check out a book, peruse the shelves for a book that would bring value to you or a loved one. Remove your selection from the shelf and take it home. Or read it here! When you are done with the book, share it with someone else or bring it back to re-share from here. Sharing books with others is encouraged. Recommended, even.

The ABIDE-brary will move to the Dining Room once the volunteer breakroom construction is complete; for the time being, it's currently located between Julie and Claire's offices in Podville. To donate a book to the ABIDE-brary, just put the book in the donation basket on the library shelf. Caitlin will sort and shelve the books.

Reading books is fun, but the fun doesn't have to end there. Keep an eye out this summer for interactive activities associated with the library such as a place to recommend your favorite books, discuss genres, highlight quotes you loved, and other ways to share your book experience.

What are you waiting for? The ABIDE-brary is open and books are waiting to be read!



## Subcommittee Updates

### Process Policies & Practices

3 P's subcommittee recently met and discussed the Employee Life Cycle – application process, hiring and onboarding, life at Second Helpings, and separation. We identified and prioritized components in each cycle. The ABIDE team is excited to engage in activities that help create an inclusive and welcoming environment.

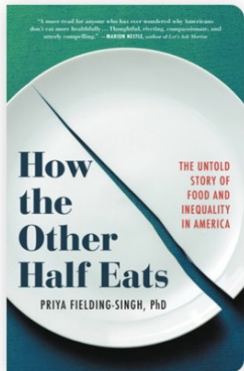
### Education

The education group has been working on launching a newsletter (you're reading it!), finalizing processes for the library, and starting a monthly discussion on resources focused on three priority identities of race, socioeconomic status, and mental & physical ability.

### Community Engagement

The Community Engagement subcommittee has started exploring ways to support volunteer accessibility as well as opportunities for community art in the building. Reach out to Keion or Emily if you'd like to join our group!

# Upcoming Events



## OPTIONAL: How the Other Half Eats Staff Conversation

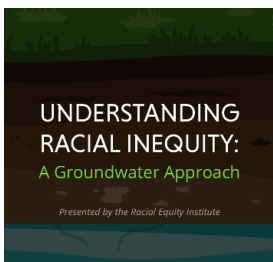
**Monday, May 22 | 3:00 – 4:00 PM**  
**Second Helpings Board Room**

The ABIDE/Education group launches a monthly discussion series with a conversation around *How the Other Half Eats*, by Priya Fielding-Singh.

Here are some resources you can check out before the conversation:

- [watch this interview with the author](#) (18 mins)
- [listen to this podcast](#) (33 minutes)
- [Read this article](#) about the book

*Extra Credit: read the actual book, available in the ABIDE-brary (one copy), at IndyPL as a book, eBook, or audiobook or, if you prefer to purchase, consider purchasing at Indy Reads or another local bookstore*



## The Groundwater Approach

**Presented by the Racial Equity Institute**

**Thursday, June 8 | 9:00 AM – 12:00 PM**

Join us for the Groundwater Approach, a virtual session rooted in addressing systems and equity. When The Indianapolis Foundation announced its new mission in 2016, it committed to a journey of expanding an understanding of the impact systemic racism has on Marion County communities.

In this virtual webinar, REI organizers will use stories and data to present a perspective that racism is fundamentally structural in nature. The Groundwater metaphor is designed to help people at all levels internalize the reality that we live in a racially structured society using three key truths:

- racial inequity looks the same across systems
- socio-economic difference does not explain the racial inequity
- inequities are caused by systems, regardless of people's culture or behavior.



## Second Helpings in the Community

Here are some upcoming events where Second Helpings will be out in the community:

**Indy Strawberry Festival**  
**Thursday, June 8 | 9:00 AM – 4:00 PM**  
**Monument Circle**

Join your colleagues for strawberry shortcake on the Circle for the 57th Annual Strawberry Festival. Our fabulous Second Helpings food rescue team will pick up all the leftover strawberries, ice cream, and shortcakes!

**Indy Pride Parade**  
**Saturday, June 10 | 10:00 AM – 12:00 PM**  
**Mass Ave**

Second Helpings will be in the Indy Pride Parade this year. Our “float” is a Second Helpings van (with a streamer or two added) and will include a crew of people walking together. Look for more details soon on how you can participate.

**Second Helpings Birthday Party on the Circle**  
**Thursday, June 15 | 11:00 AM – 2:00 PM**  
**Monument Circle**

One of the ways we will be celebrating our 25th anniversary is with a public birthday party on the Circle. We’re closing the southwest quadrant of Monument Circle and will enjoy food, cupcakes, and entertainment. We will also have a pasta drop-off for the last day of the Gr8 Pasta Push and a small program at 12:30pm.

**Juneteenth Foodways Festival**  
**Friday, June 16 | 4:30 PM – 8:00 PM**  
**Benjamin Harrison Presidential Site**

Our CJT students will be participating in the Juneteenth Foodways Festival. Every hour on the half hour, we will demo Cornbread Pudding, a recipe from Chef Dolly Johnson\*, including samples for guests. Students/graduates will support other chefs at the event. Stop by and say hello!

*\*Historical Note* – Dolly Johnson was hired by President Benjamin Harrison in December 1889 as the White House cook. Read the brief [“Kitchen Genius”: Dolly Johnson at the White House](#) article to learn more about her story.

# Resources

## Online/Apps:

[BetterHelp Online Therapy](#)

May is National Mental Health Month and it's important to remember to take care of yourself. As a Second Helpings employee, you and/or your household have access to our Magellan Employee Assistance Program (EAP) which includes BetterHelp online therapy. In fact, you get 3 free sessions for you or family members every year!

[SimpleHabit Meditation App](#)

## Video:

[High on the Hog: How African American Cuisine Transformed America](#)

Black food is American food. Chef and writer Stephen Satterfield traces the delicious, moving throughlines from Africa to Texas in this Netflix docuseries.

## Articles:

[How Food Inflation Adds to the Burdens Disabled People Carry](#)

[How To Be Supportive Of Co-Workers Struggling With Their Mental Health](#)

# More A.B.I.D.E. News

## Second Helpings Participated in Asian Fest

Second Helpings participated in Asian Fest, hosted by the Asian American Alliance, on Saturday, May 15. Thanks to Claire, super volunteers Ann & Sukumar, and board member Uma for volunteering at our table!

Did you know that May is Asian American and Pacific Islander (AAPI) Heritage Month? AAPI Heritage Month is celebrated annually in May to highlight the history, heritage, and contributions of Asian Pacific American communities. Here are some resources to explore:

- [Asian Americans](#) – Five-hour film series by PBS
- [Smithsonian's Museum of Asian Art](#) – Online art gallery
- [Bodhi: Craft Bar & Thai Bistro](#), [Fujiyama Steak House of Japan](#), [India Garden Restaurant](#), and [Yummy Bowl](#) – A few local restaurant options
- [Asian America: The Ken Fong Podcast](#) and [Legends from the Pacific](#) - Podcasts

# Keion Shares his Considerations for the New ABIDE Logo

By: Keion Taylor, Graphic Design Intern

I wanted to create a visual identity for the ABIDE committee. This logo communicates ABIDE's mission, and their acronym, through four elements of visual design: color, form, iconography, and typography.

**Color:** Looking through the lens of inclusivity, and in efforts to stay within Second Helpings' brand guidelines, I chose to use the color purple. This purple is high in contrast with white, to be mindful of a varied ability to see – especially considering those with low vision or other visual impairments.

**Form:** The structure of the logo represents a badge, or pin. This is to convey a sort of officiality. Abide means “to be able to tolerate and act in accordance with,” and I feel that a badge form is a great way to communicate that.

**Iconography:** To make ABIDE's mission a reality, it takes a multitude of people to be involved. Hands are included to communicate an “all hands-on deck” mentality.

**Typography:** I used the typeface Sabon for this logo. Sabon is a serif typeface, meaning it has extra lines that shoot from the ends of the letters. Serif typefaces tend to look more professional and authoritative compared to other typefaces, which also helps the logo convey a sense of officiality.



Through these elements, I aimed to create a logo that not only communicates what ABIDE is, but also would be on par with the fantastic work that will sprout from this committee.

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## Thanks for Reading!

We hope you enjoyed the first issue of ABIDE News. As you have read, we will share stories, events, resources, sub-committee updates, and more each month. While each month's news will include different items, it will always be about Second Helpings' access, belonging, inclusion, diversity, and equity work and our three current focus areas – race, socioeconomic status, and mental & physical ability.

We want to keep everyone informed and start conversations so that we can all grow together. If you have any ideas, resources, etc. for the newsletter, please reach out to me or any ABIDE Education member (Anne, Heather, Alison, Keion, Margaux, Jason, Caitlin).